



## Depression Self-Report Questionnaire

Please consider the following questions and rate how true each one is in relation to how you have been feeling **lately** (ie. in the last 2 to 3 days) **compared to how you usually or normally feel**.

*Please tick (✓) the most relevant option*

|   | Not True | Slightly | Moderately | Very True |
|---|----------|----------|------------|-----------|
| 1. Are you stewing over things?                               |          |          |            |           |
| 2. Do you feel more vulnerable than usual?                    |          |          |            |           |
| 3. Are you being self-critical and hard on yourself?          |          |          |            |           |
| 4. Are you feeling guilty about things in your life?          |          |          |            |           |
| 5. Do you find that nothing seems to be able to cheer you up? |          |          |            |           |
| 6. Do you feel as if you have lost your core and essence?     |          |          |            |           |
| 7. Are you feeling depressed?                                 |          |          |            |           |
| 8. Do you feel less worthwhile?                               |          |          |            |           |
| 9. Do you feel hopeless or helpless?                          |          |          |            |           |
| 10. Do you feel more distant from other people?               |          |          |            |           |

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Scoring instructions: Items are scored 0, 1, 2 and 3 (in the direction of severity) with the final score being the sum of all items. A score of 9 or more is suggestive of probable or definite depression.

## Background

The DMI-10 was initially designed to measure depression in the medically ill and avoids the use of items such as fatigue, sleep, appetite disturbance and weight change that are common to both depression and many illnesses.

The measure therefore only includes 'cognitive-based' items, which aim to reflect the quintessential mood state of depression. Subsequently the measure was tested in general practitioner populations [1] and its use as a screening measure for depression has been established [2,3].

The scale excludes items on suicidal ideation and plans as it was thought that these are best enquired about, in an appropriate manner, during a face-to-face interview by the clinician.

## Scoring Instructions

Each of the 10 items is scored as shown in table below. The final score is the sum of all the items.

|            | Not true | Slightly | Moderately | Very true |
|------------|----------|----------|------------|-----------|
| Items 1-10 | 0        | 1        | 2          | 3         |

**A total score of 9 or more** suggests probable or definite depression.

## Reliability and Validity

Internal consistency was high for the DMI-10 with a Cronbach's alpha 0.89 in medical patients [2] and 0.92 amongst general practice attendees.

The scale had high convergent validity with two other depression scales, the BDI-PC (Beck Depression Inventory for Primary care) and the HADS (the Hospital Anxiety and Depression Scale) with Spearman correlations of 0.80 and 0.70 respectively. The cut of 9 or more yielded sensitivity estimates of between 93.5-100% and specificity varied between 65.7-69.8%



## References

Parker G, Hilton T, Hadzi-Pavlovic D, Irvine P (2003). **Clinical and personality correlates of a new measure of depression: a general practice study.** *Australian and New Zealand Journal of Psychiatry* 2003;37:104-109

Parker G, Hilton T, Hadzi-Pavlovic D, Bains T. **Screening for depression in the medically ill: the suggested utility of a cognitive based approach.** *Australian and New Zealand Journal of Psychiatry* 2001;35: 474-480

Parker G, Hilton T, Bains J, Hadzi-Pavlovic D (2001). **Cognitive –based measures screening for depression in the medically ill: The DMI-10 and DMI-18.** *Acta Psychiat Scand* 2002;105:419-426.

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